

Site: _____

AT-RISK WEEKLY MENU RECORD

Month/Year: _____

Week: _____

Components	Menu	Menu	Menu	Menu	Menu
Breakfast	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Milk					
Vegetable/Fruit					
Grains					
	(Must serve 3 Breakfast Components)				
Lunch					
Milk					
Meat/Meat Alternate					
Vegetable					
Vegetable or Fruit					
Grains					
	(Must serve 5 Lunch Components)				
Snack					
Milk					
Meat/Meat Alternate					
Vegetable					
Fruit					
Grains					
	(Must serve 2 Snack Components)				
Supper					
Milk					
Meat/Meat Alternate					
Vegetable					
Vegetable or Fruit					
Grains					
	(Must serve 5 Supper Components)				

*7 CFR 226.15 (e)